



Festive Holiday Cranberry Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounce cranberries frozen
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 1 teaspoon lime zest grated
- ☐ 0.5 cup orange juice freshly squeezed
- ☐ 1 pinch orange zest grated
- ☐ 0.3 cup water
- ☐ 2 cups sugar white

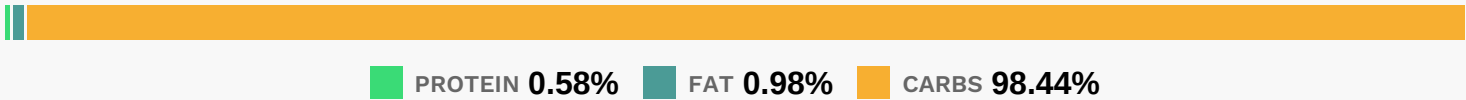
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Stir cranberries, sugar, orange juice, water, lime juice, 1 teaspoon orange zest, and lime zest together in a saucepan; bring to a boil. Reduce heat to low; cook at a simmer until cranberries pop, about 20 minutes. Set aside to cool to room temperature.
- ☐ Transfer cooled sauce to serving bowl, cover with plastic wrap, and refrigerate until cold, about 1 hour.
- ☐ Garnish with a pinch of orange zest to serve.

Nutrition Facts



Properties

Glycemic Index:24.89, Glycemic Load:37.34, Inflammation Score:-2, Nutrition Score:2.5260869238688%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.64mg, Hesperetin: 2.64mg, Hesperetin: 2.64mg, Hesperetin: 2.64mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 221.12kcal (11.06%), Fat: 0.25g (0.39%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 55.6g (20.22%), Sugar: 53.15g (59.06%), Cholesterol: 0mg (0%), Sodium: 2.04mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 16.21mg (19.65%), Manganese: 0.16mg (7.93%),

Fiber: 1.61g (6.45%), Vitamin E: 0.58mg (3.9%), Potassium: 75.39mg (2.15%), Vitamin K: 2.19µg (2.08%), Copper: 0.04mg (1.88%), Vitamin B6: 0.03mg (1.68%), Vitamin B5: 0.17mg (1.65%), Folate: 5.89µg (1.47%), Vitamin B2: 0.02mg (1.41%), Vitamin B1: 0.02mg (1.41%), Magnesium: 4.98mg (1.24%), Vitamin A: 60.95IU (1.22%)